

Palarong Pambansa 2010
Rhythmic Gymnastics Competition Schedule (RG)

April 12, 2010

Elementary
Competition I and II

Group A : Regions: _____, _____, _____, _____, _____, _____, _____, _____

Group B : Regions: _____, _____, _____, _____, _____, _____, _____, _____

General Warm-Up 6:30 – 7:45

Competition Proper

Time	Rope	Hoop	Ball	Ribbon
8:00 – 10:00	A	B		
10:00 – 12:00	B	A		
12:00 – 1:00	<i>Lunch Break</i>			
1:00 – 3:00			A	B
3:00 – 5:00			B	A
5:00	<i>Awarding Ceremony</i>			

Rhythmic Gymnastics Competition Schedule (RG)

April 13, 2010

Secondary
Competition I and II

Group A : Regions: _____, _____, _____, _____, _____, _____, _____, _____

Group B : Regions: _____, _____, _____, _____, _____, _____, _____, _____

General Warm-Up 6:30 – 7:45

Competition Proper

Time	Rope	Hoop	Ball	Ribbon
8:00 – 10:00	A	B		
10:00 – 12:00	B	A		
12:00 – 1:00	<i>Lunch Break</i>			
1:00 – 3:00			A	B
3:00 – 5:00			B	A
5:00	<i>Awarding Ceremony</i>			

Palarong Pambansa 2010
Women's Artistic Gymnastics Competition Schedule (WAG)

April 14, 2010

Elementary - Morning
Competition I and II

Group A : Regions: _____, _____, _____, _____, _____, _____

Group B : Regions: _____, _____, _____, _____, _____, _____

Group C : Regions: _____, _____, _____, _____, _____, _____

General Warm-Up 6:30 – 7:45

Competition Proper

Time	Horse Vault	Balance Beam	Floor Exercise
8:00 – 9:30	A	B	C
9:30 – 11:00	C	A	B
11:00 – 12:30	B	C	A
12: 30 – 1: 30	<i>Lunch Break</i>		

Secondary - Afternoon
Competition I and II

Group A : Regions: _____, _____, _____, _____, _____, _____

Group B : Regions: _____, _____, _____, _____, _____, _____

Group C : Regions: _____, _____, _____, _____, _____, _____

General Warm-Up 12:00 – 1:15

Competition Proper

Time	Horse Vault	Balance Beam	Floor Exercise
1:30 – 3:00	A	B	C
3:00 – 4:30	C	A	B
4:30 – 6:00	B	C	A
6:00	<i>Awarding Ceremony – Elementary and Secondary</i>		

Palarong Pambansa 2010
Men's Artistic Gymnastics Competition Schedule (MAG)

April 15, 2010

Elementary – Morning
Competition I and II

Group A : Regions: _____, _____, _____, _____, _____, _____, _____, _____

Group B : Regions: _____, _____, _____, _____, _____, _____, _____, _____

General Warm-Up 6:30 – 7:45

Competition Proper

Time	Floor Exercise	Horse Vault
8:00 – 9:30	A	B
9:30 – 11:00	B	A
11:00 – 12:00	<i>Lunch Break</i>	

Secondary - Afternoon
Competition I and II

Group A : Regions: _____, _____, _____, _____, _____, _____, _____, _____

Group B : Regions: _____, _____, _____, _____, _____, _____, _____, _____

General Warm-Up 11:00 – 12:15

Competition Proper

Time	Floor Exercise	Horse Vault
12:30 – 2:00	A	B
2:00 – 3:30	B	A

Rhythmic Gymnastics (RG) Individual Event Finals Elementary and Secondary

General Warm – Up 3:30 – 4:00

Competition Proper

Time	Rope	Hoop	Ball	Ribbon
4:00 – 4:30	Elementary	Secondary		
4:30 – 5:00	Secondary	Elementary		
5:00 – 5:30			Elementary	Secondary
5:30 – 6:00			Secondary	Elementary
6:00	<i>Awarding Ceremony – MAG - Comp. I and II, RG – Individual Apparatus Finals</i>			

Palarong Pambansa 2010
Women's and Men's Artistic Gymnastics Competition Schedule

April 16, 2010

WAG and MAG Individual Event Finals

Elementary and Secondary

General Warm – Up 7:00 – 8:00

Competition Proper

Time	Horse Vault	Balance Beam	Floor Exercise
8:00 – 9:00	WAG – Elem./Sec.		MAG – Elem./ Sec.
9:15 – 10:15	MAG –Elem./ Sec.	WAG – Elem./ Sec.	
10:30 – 11:30			WAG – Elem./ Sec.
11:45 –12:30	<i>Awarding Ceremony</i>		